

What are some of the issues of boundaries?

Healthy Boundaries

Decide to whom and what you will tell about yourself and when it is safe to do so.

Develop intimacy gradually.

Recognize the difference between infatuation and love. Love develops more gradually, infatuation can be instantaneous.

Refrain from impulsive acts.

Don't let others use or abuse you in the name of their recovery. Recognize that your needs/feelings/desires/plans are as important as theirs are.

Don't let someone else's problems become your problems.

Take care of yourself. If you aren't taking care of yourself develop a plan to do so.

Ask for help, often and early.

Accept the help that is offered even though this may not be what you think you need.

Be grateful and willing to reciprocate.

Define yourself; don't let anyone else define you.

Direct your own life.

Protect your time. Recognize that your time is valuable.

No one ever gets to touch you without your permission.

Follow your sense of values regardless of what others want or say don't violate your sense of what is right or good for you.

Stay away from people who invalidate your point of view, belittle you or talk down to you.

Give no more than you are able to if you are giving until it hurts, stop right now!

Unhealthy boundaries

Telling all and/or telling relative strangers personal things about yourself that have the potential to hurt you if they turn out not to be trustworthy.

Withholding praise of others or- giving praise too freely.

Talking intimately on the first meeting.

Falling in love with a new acquaintance (feelings aren't facts.)

Falling in love with anyone who reaches out to you.

Acting on first impulse. Common areas for this happening are having sex with strangers, over shopping, drinking/drugging/gambling. But it also applies to letting total strangers into your living space, going home with same, or simply over riding your own sense of caution and common sense.

Not noticing when others invade your boundaries act on the red flags you notice if someone is violating you believe it! Don't second guess yourself.

Falling apart so someone will take care of you.

Accepting food, gifts, touch, sex that you don't really want.

Letting others exploit you materially or otherwise.

Letting others define you.

Letting others direct your life.

Allowing someone to take as much as they can from you.

Allowing others to take up too much of your time.

Touching a person without asking.

Allowing others to touch you without asking.

Going against your personal values or rights in order to please others.

Giving as much as you can for the sake of giving without reference to personal costs to yourself.